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Steeves: North Dakotans not north enough

Mayoral hopeful wants tourists from U.S. state to visit 'Peg PAGE 3

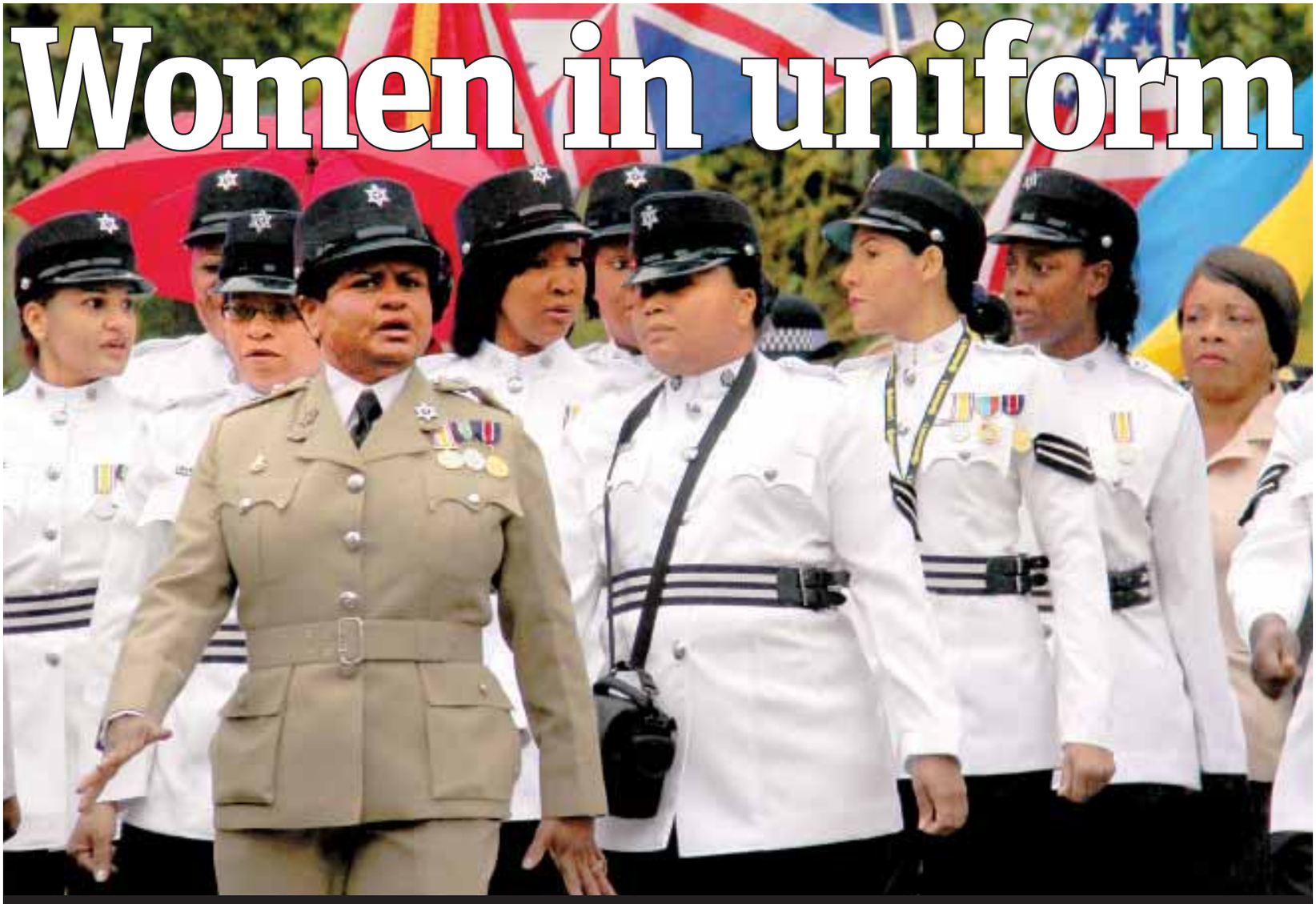
Magnotta trial gets underway

Crown could call up to 60 witnesses in notorious 2012 murder case PAGE 9

Jays flew high, but landed low

Toronto misses the playoffs again after a 'frustrating' roller-coaster season PAGE 17

Women in uniform



Part of Broadway was shut down to traffic on Sunday morning as an estimated 600 female police officers representing 50 countries around the world joined Manitoba law enforcement officials in a march through downtown Winnipeg. The women are in the town for the 52nd annual International Association of Women in Police Conference.

SHANE GIBSON/METRO

NEWS 1

FIVE THINGS YOU NEED TO KNOW TODAY

1
ROAD REPAIR
The mayoral candidates will be debating arguably the hottest topic in this campaign — infrastructure — at The Clarion Hotel at 6 p.m.

2
75 AND ROLLING
The 1939 Pumper Truck owned by the St. Vital Historical Society will be driven for the first time in more than 40 years. Watch for it on St. Mary's Road around 9:30 a.m.

3
ALSO 75 AND ROLLING
Gone with the Wind fans were happy to see the 1939 film return to theatres this weekend for its 75th anniversary.

4
MORE ACTION
Alex Neve, head of Amnesty International Canada, is set to join First Nations groups in Ottawa today to discuss violence against indigenous women and girls.

5
BIGGEST HIT YET?
Pop star Justin Bieber, or at least his lawyer, is expected in court today on the charge of dangerous driving and assault, related to an Aug. 29 collision between a minivan and an ATV.

Feds ID bodies of WWI Winnipeg Grenadiers

Slain in Somme, France. Names put to four bodies, though four others unknown

The federal government has identified the remains of four First World War soldiers from a Winnipeg-based regiment who were killed while advancing on a small village in northern France nearly a century ago.

The defence department identified them in Winnipeg on Saturday: Lt. Clifford Neelands, Lance Sgt. John Lindell and privates Lachlan McKinnon and William Simms, all of the Winnipeg Grenadiers.

The men died in the village of Hallu, in the Somme region, which they were advancing to capture following the first attack of the Battle of Amiens in August 1918.

Their remains, along with those of four other soldiers, were discovered in 2006 and 2007 in Hallu — the largest single find of unknown Canadian soldiers since the government launched a casualty-identification program in 2006.

Officials are still trying to identify the other four, who are also believed to be from the Winnipeg Grenadiers.

It's working with the Commonwealth War Graves Commission and in consultation with the soldiers' relatives to plan for an internment ceremony to provide the identified four with a final resting place.

"The identification of these First World War soldiers is a meaningful demonstration that the sacrifice they made for Canada will not be forgotten," Defence Minister Rob Nicholson said in a release.

THE CANADIAN PRESS

Lost remains

19,000

The government says that, of the nearly 68,000 Canadian fatalities during the First World War, more than 19,000 have no known grave.

In this Sept. 13, 1918, photo, U.S. troops of the 107th Regiment Infantry, 27th Division, advance on a path through a barbed-wire entanglement near Beauqueanes, Somme, France. U.S. ARMY SIGNAL CORPS/THE ASSOCIATED PRESS

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Gord Steeves said Sunday he would create a "Grand Forks Weekend" in Winnipeg if elected mayor, as a way of enticing tourists from the North Dakota city. SHANE GIBSON/METRO

Steeves wants to see more tourists from Grand Forks

Howdy, neighbour. Mayoral candidate would spend $50,000 on 'Grand Forks Weekend' in Winnipeg

SHANE GIBSON
shane.gibson@metronews.ca

If elected Winnipeg's next mayor, Gord Steeves said Sunday he would work to attract more tourists from North Dakota — especially folks from Grand Forks — to our city.

At a news conference at his Scurfield Boulevard campaign office, Steeves pledged $50,000 of city funds for a campaign he calls "Grand Forks Weekend" designed to entice those living in North Dakota's third-largest city to come to Winnipeg for a weekend.

"I'm going to try to even the playing field," he said. "I have no problem with Winnipeggers having a weekend away and enjoying the U.S. experience, but I want to return the favour.

"I want the good folks of Grand Forks to come here as well."

Steeves said the weekend would be held in the fall when both the Jets and the Blue Bombers have home games, and suggested it could include a friendly hockey game between the University of Manitoba Bisons and the University of North Dakota, as well.

Steeves said he would invite Destination Winnipeg, Travel Manitoba, the Winnipeg Chamber of Commerce and other stakeholders to jump onto the marketing campaign.

"I have no doubt we could leverage another $50,000 from the private sector," he said, adding he's spoken to a Grand Forks city councillor who is behind the idea. "It is inexpensive and I think it would be a good thing for our city."

For the snowbirds

Steeves also said he'd like to attract a low-cost airline to Winnipeg that offers discounted travel to southern U.S. cities.

Raise environmental plan cash through higher levy: Ouellette

Bonds and a higher levy for bottles would put Winnipeg on track to becoming a greener city, mayoral candidate Robert-Falcon Ouellette said on Friday.

Ouellette held a news conference at the North End Water Pollution Control Centre to announce his new measures if elected, which include a 10-cent levy on disposable drink containers and the issuing of "Save Lake Winnipeg" bonds.

"If Winnipeg is to be a city of a million people by 2030, we need to learn to tread more lightly upon this earth," he said, adding the city should be as "environmentally efficient" as it can.

"There's no contradiction in doing what is right for the environment and doing what is right for the economy."

Robert-Falcon Ouellette is seen during a press conference at the North End Water Pollution Control Centre on Friday. BERNICE PONTANILLA/METRO

Ouellette's plan would see the current two-cent container recycling fee increased to 10 cents; however, five cents would be a refundable deposit. Of the other five cents, two would continue to be the container fee and the remaining three cents would be directed to his proposed environmental project fund, for city initiatives such as the upgrades to the North and South End treatment plants.

"Since Manitobans consumed 400 million drinks in containers in 2013, if applied in Winnipeg only, the levy itself would generate around $7 million a year, while increasing recycling," he said, later clarifying this levy wouldn't apply to milk containers.

As for Lake Winnipeg, Ouellette said, while it's located outside of the Perimeter, the city must assume a leadership role when it comes to this threatened body of water.

BERNICE PONTANILLA/METRO

Union fires back after Havixbeck questions president's salary

A mayoral candidate who chaired a committee that oversees police and firefighters, believes it's a "conflict of interest" for union presidents to receive city salaries.

Paula Havixbeck, a city councillor, launched an attack against the leaders of the largest unions representing city staff, stating that it is a "real disgrace" that the municipal government is paying their salaries.

"I would have never imagined our city was paying over half a million dollars every year for city staff to essentially negotiate with the city," she said in a news release.

"This arrangement does not pass the transparency test for the citizens of Winnipeg."

One of the leaders singled out, Alex Forrest, is president of the United Fire Fighters of Winnipeg (UFFW) and recently announced that his union would be backing candidate Judy Wasylycia-Leis.

In a news release, the UFFW clarified that the union reimburses the city for a replacement firefighter for those times when Forrest is away doing union work, a common practice in the public and private sectors when it comes to unionized environments.

This reimbursement occurs annually and is in the collective agreement, said union officials. BERNICE PONTANILLA/METRO

'Interesting' timing

"It is interesting how Ms. Havixbeck is now putting this issue forward after we endorsed her last election as councillor and she asked for our endorsement for mayor just a few weeks ago."

The UFFW in a news release, which contained photos of Havixbeck with firefighters, including United Fire Fighters of Winnipeg president Alex Forrest.

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Investigation. Zoocheck Canada says tiger's death warrants probe

Zoocheck Canada is calling for an independent investigation of the Assiniboine Park Zoo in Winnipeg, after an elderly Siberian tiger was killed by two younger cats when he walked into their enclosure through a gate inadvertently left open.

The animal protection group notes the tiger death is the third incident at the zoo.

In July, wolves tried to tunnel into the polar bear enclosure and last week, the polar bears damaged the seal enclosure.

Zoocheck Canada says it could suggest a larger systemic problem and says a full review should be conducted by a third party not connected with the zoo or the zoo industry.

Thursday's fatal attack on a 19-year-old tiger named Baikal happened, as a group of high school students was visiting the zoo.

Students say when the animals first started fighting, a zookeeper tried to distract the animals by dumping water on them, then more staff member arrived and told the classmates to leave the area.

"The two tigers, they kept sizing each other up and eventually one tackled the other one and pinned him to the ground and that's when he went in for the bite," said student Dierdre Neumann. "We heard a crunch and at first I thought it was just me and then I went and confirmed with my other classmates and they heard it too."

The Lord Selkirk School Division issued an email Friday saying that some of the students and staff were upset at what they saw and were offered the services of the guidance department upon returning to the school.

Margaret Redmond, president of the Assiniboine Park Zoo, has said the zoo will conduct an internal review into the incident.

THE CANADIAN PRESS

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Mayoral candidates at Friday afternoon's ArtsVote Winnipeg debate. COLIN FAST/FOR METRO

Candidates offering moral support for arts

Race for mayor. But most of them are short on arts funding

COLIN FAST
winnipeg@metronews.ca

The arts are vital to our city, help build our economy, desperately need more support … and we can't afford them.

That's the condensed version of Friday afternoon's ArtsVote Winnipeg debate between six of the candidates for mayor.

While they all praised the contributions and creativity of the arts sector, only Brian Bowman made a specific financial commitment. Bowman repeated his pledge from earlier in the day to increase per-capita arts funding from $5.65 to $7.

Robert-Falcon Ouellette said one per cent of the cost of all major infrastructure projects should go to the arts. Similar programs exist in many North American cities.

But the others on the panel were lukewarm on finding more money for culture when the city's budget is being stretched thin by infrastructure problems.

"I plan on keeping at least the status quo. But if someone up here thinks they're going to significantly increase the budget (for arts), they're in for a shock," warned Gord Steeves.

Judy Wasylycia-Leis echoed Steeves, saying, "I will make no promises that I can't keep." However, she added that the issue should be a priority for the mayor, premier and senior federal minister.

Paula Havixbeck suggested various pots of money available to councillors could be redirected to culture, and recommended five-year funding agreements for arts groups. David Sanders also said he'd try to increase arts support, but noted he'd need the support of council.

On the attack

Steeves says Bowman's BRT math doesn't add up

Gord Steeves launched a blistering attack on rival Brian Bowman on Friday, accusing Bowman of not knowing how much his own campaign promises are going to cost or how he's going to pay for them.

Standing at Fort Rouge Station, Steeves focused on Bowman's pledge to extend the current bus rapid transit route to the University of Manitoba, and build an additional four lines across the city.

"He's going to build all of these legs of bus rapid transit and when pressed on costs he said that he's going to pay for it through new development. That is categorically impossible," he said, while gesturing at still-undeveloped land next to the existing BRT line.

According to Steeves, 13,899 new homes would have to be built along the U of M extension to generate enough new property tax to pay the city's portion of the $590-million project. Over the past five years, Winnipeg has only seen between 2,300 and 4,700 annual new home starts.

Steeves also took issue with Bowman's suggestion the city should host another Pan Am Games, and his proposal for replacing property tax with different revenue options.

COLIN FAST/FOR METRO

On the web

For more local news, go to metronews.ca

Bowman promises big increase for arts

Calling city support for the arts "disgraceful," Brian Bowman said on Friday he'd increase funding if given a long-term mandate as mayor.

As a first step, Bowman said, he would boost per-capita funding for the Winnipeg Arts Council from $5.65 to $7 during his first two years in office. That would cost the city an extra $900,000.

He suggested funding should eventually be increased to the national average, which is around $35 per person for Canada's largest cities.

"There is incredible opportunity — social opportunity, tourism opportunity and, more importantly, economic growth opportunity — from greater investment in the creativity sectors," said Bowman, who also claimed that 6.8 per cent of Winnipeggers work full-time in the arts.

Bowman also pledged to restore recent funding cuts to city museums, establish a dedicated capital fund for upgrades to cultural facilities and incorporate artistic elements in all new capital projects with a focus on indigenous culture.

Bowman, a former chair of the Winnipeg Art Gallery, was joined by WAG CEO Stephen Borys at the announcement. Borys said he was "supporting a candidate who puts arts and culture in its rightful place in this city," but was careful not to endorse Bowman directly. COLIN FAST/FOR METRO

Brian Bowman COLIN FAST/FOR METRO

WINNIPEG TO PLAY HOST TO MOST RIDICULOUS RACE EVER

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

Every year, people gather in Finland and make international headlines participating in the World Wife-Carrying Championships.

Men carry their wives (techniques vary greatly)

A photo from the World Partner-Carry Games. COURTESY SWAMP DONKEY AR

through a short obstacle course for the title of World Champion. Hilarious, yes. Outdated? Also yes.

That's where we come in. Winnipeg will team up with The World Partner-Carry Games. WPG and the W.P.G.

The Forks will play host to the W.P.G on Oct. 18 and the following are welcome: women carrying men, men carrying men, women carrying women — whatever combo you prefer. Teams will race through a 400m obstacle course, compete in a couple of other equally ridiculous challenges, and one team will emerge the World Partner-Carry Games Champion.

For their trouble, the pair will receive their combined weight in beer. People will fall, techniques will be questioned, and it's going to be awesome.

More info at swampdonkeyar.com/world-partner-carry-games

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Health authorities talk 'Peg e-cig ban

No smokin', no vapin'? WRHA doctor says some studies suggest e-cigarettes produce cancer-causing chemicals

E-cigarettes need more study, says the WRHA. SHANE GISBON/METRO

Electronic cigarettes have become a popular choice for many people trying to quit smoking, but health concerns might put an end to it in Winnipeg.

E-cigarettes, as they're commonly called, use a vaporizer run on batteries which produces an aerosol that resembles smoke.

Heejune Chang, a doctor with the Winnipeg Regional Health Authority, says some studies have suggested they may produce cancer-causing chemicals, although the levels aren't known.

The health authority says banning e-cigarettes has been a topic of discussion for a while, but more long-term research needs to be conducted.

At the moment, they're recommending against people using them.

Because there's no broad policy, it's currently up to each establishment to allow them or not.

The University of Winnipeg is a smoke-free campus, but doesn't have a policy on e-cigarettes, while the Winnipeg International Airport has banned them.

The central Alberta city of Red Deer was the first Canadian municipality to ban e-cigarettes back in July, while Toronto banned them from city work spaces last month.

THE CANADIAN PRESS

East St. Paul

At least 10 homes expropriated to make way for cloverleaf

At least 10 homeowners around Highway 59 and the Perimeter Highway in East St. Paul will have their homes expropriated to make way for a cloverleaf.

The residents have been told by the province that they need to be out in six months.

Kalynn Bazan says it's heartbreaking because there are so many memories her family has created in their home.

She says she wishes the province had told them earlier so they could have known it was their last summer there.

The $200-million cloverleaf construction project on the outskirts of Winnipeg will begin next summer to ease traffic gridlock on the busiest highway intersection in the province, which sees as many as 35,000 vehicles go through each day.

THE CANADIAN PRESS

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Firefighters advance to rescue climbers near the peak of Mount Ontake in central Japan, Sunday. Mount Ontake erupted shortly before noon Saturday, spewing large white plumes of gas and ash high into the sky and blanketing the surrounding area in ash. Rescue workers on Sunday found more than 30 people unconscious and believed to be dead near the peak of the volcano, a Japanese police official said. KYODO NEWS/THE ASSOCIATED PRESS

Volcanic eruption in Japan kills dozens

Mount Ontake. Popular climbing destination about 210 km west of Tokyo

Finally reaching the ash-covered summit of a still-erupting volcano in central Japan, rescue workers made a grim discovery Sunday: 31 apparently dead people, some reportedly buried in knee-deep ash.

Four victims were brought down and confirmed dead, one day after Mount Ontake's big initial eruption, said Takehiko Furukoshi, a Nagano prefecture crisis-management official. The 27 others were listed as having heart and lung failure, the customary way for Japanese authorities to describe a body until police doctors can examine it.

Officials provided no details on how they may have died.

It was the first fatal eruption in modern times at 3,067-meter Mount Ontake, a popular climbing destination about 210 kilometres west of Tokyo on the main Japanese island of Honshu. A similar eruption occurred in 1979, but no one died.

Rescue helicopters hovered over ash-covered mountain lodges and vast landscapes that looked a ghostly grey, like the surface of the moon, devoid of nearly all colour but the bright orange of rescue workers' jumpsuits.

Japanese media reported that some of the bodies were found in a lodge near the summit and that others were buried in ash up to 50 centimetres deep. Police said only two of the four confirmed dead had been identified. Both were men, ages 23 and 45.

Mount Ontake erupted shortly before noon at perhaps the worst possible time, with at least 250 people taking advantage of a beautiful fall Saturday to go for a hike. The blast spewed large white plumes of gas and ash high into the sky, blotted out the midday sun and blanketed the surrounding area in ash.

THE ASSOCIATED PRESS

Apple iPhone 6. China cracks down on smuggling ahead of official release

China in recent days has busted a slew of smugglers bringing Apple iPhone 6 models into the country ahead of their official release here, with officials on Sunday reporting the latest seizure of 453 smartphones in Shanghai.

Hundreds more were seized during three separate busts Thursday through Saturday in Hong Kong, including from men with a speedboat who were loading contraband onto a wooden sampan-style boat in a mangrove, the official Xinhua News Agency said.

The latest seizure was from the luggage of two passengers arriving at the Shanghai airport from Tokyo, one of them Chinese and one of them Japanese, a woman at the Shanghai customs agency said, confirming state media reports. She said hundreds more have been confiscated individually from passengers who did not declare them.

Apple delayed its original plans to introduce the iPhone 6 in China this month, but didn't comment on reports it hadn't received Chinese regulatory approval. The already-thriving black market for the phones in China, where Apple competes with less-expensive alternatives from local powerhouse Xiaomi, plus Lenovo and Samsung, has drawn a rebuke in Chinese state media.

The Global Times said in an editorial Friday that the frenzy over iPhone 6 — including a scuffle among Chinese nationals queuing up at an Apple store in the U.S. — was making China "lose face." It said iPhones apparently were hip, but that buyers shouldn't buy into their marketing hype.

"Please show that you despise those who already have the iPhone 6," the editorial read.

THE ASSOCIATED PRESS

Netherlands

Monster truck crashes into crowd, kills 3

A monster truck outfitted with tractor-sized wheels crashed into a crowd during a show in the Netherlands near the German border on Sunday, reportedly killing three people and injuring at least a dozen. Video footage of the incident shows the truck veering off course after driving over the top of a row of cars, then knocking down a guardrail and driving into a group of onlookers. THE ASSOCIATED PRESS

Halifax

Police search property where deck collapsed

Police say they have searched a Halifax property where a third-storey deck collapsed, leaving five people seriously injured.

Officers say they executed a search warrant at the home on Brussels Street in the city's south end on Saturday.

They say the owner of the home has also been interviewed.

THE CANADIAN PRESS

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Hong Kong police use tear gas on protesters

26 taken to hospital. 'This is a long fight,' says a student who is protesting for pro-democracy reforms

A student protester is overcome by pepper spray from riot police as thousands of protesters surround the government headquarters in Hong Kong on Sunday. WALLY SANTANA/THE ASSOCIATED PRESS

Pro-democracy demonstrators defied onslaughts of tear gas late Sunday and appeals from Hong Kong's top leader to go home, as the protests over Beijing's decision to limit political reforms expanded across the city by Monday morning.

Hong Kong's Chief Executive Leung Chun-ying reassured the public that rumours the Chinese army might intervene were untrue.

"I hope the public will keep calm. Don't be misled by the rumours. Police will strive to maintain social order, including ensuring smooth traffic and ensuring the public safety," said the Beijing-backed Leung, who is deeply unpopular.

Protesters spent the night on the pavement, some flat on their backs asleep, others milling around as they watched for police. The sit-ins spread from the financial district, near the government headquarters, to other areas of Hong Kong in the strongest challenge yet to Beijing's decision to limit democratic reforms for the semi-autonomous city.

The scenes of billowing tear gas and riot police outfitted with long-barrelled weapons — rare for this affluent Asian financial hub — are highlighting the authorities' inability to assuage public discontent over Beijing's rejection last month of open nominations for candidates under proposed guidelines for the first-ever elections for Hong Kong's leader, promised for 2017.

Authorities announced some traffic controls and said some schools in areas near the main protest site would be closed, as Leung urged people to go home, obey the law and avoid causing trouble.

After spending hours holding protesters at bay, police lobbed canisters of tear gas into the crowd on Sunday evening. The searing fumes sent demonstrators fleeing, though many came right back to continue their protest. The government said 26 people were taken to hospitals.

The protests began with sit-ins more than a week earlier by students urging Beijing to grant genuine democratic reforms to this former British colony.

"This is a long fight. I hope the blockade will continue tomorrow, so the whole thing will be meaningful," said Edward Yau, 19, a business and law student. "The government has to understand that we have the ability to undo it if they continue to treat us like we are terrorists."

When China took control of Hong Kong from the British in 1997, it agreed to a policy of "one country, two systems" that allowed the city a high degree of control over its own affairs and kept in place liberties unseen on the mainland. It also promised the city's leader would eventually be chosen through "universal suffrage."

Police in blue jumpsuits, wearing helmets and respirators, doused protesters with pepper spray when they tried to rip metal barricades apart.

THE ASSOCIATED PRESS

Pro-democracy protests

- Beijing's insistence on using a committee to screen election candidates based on their patriotism to China — similar to the one that currently hand-picks Hong Kong's leaders — has stoked fears that Hong Kong will never get genuine democracy.
- University students began their sit-ins more than a week ago. They say they will continue to boycott classes until officials meet their demands for reforming the local legislature and withdrawing the proposal to screen election candidates.

15 years. T.O. businessman sentenced in Cuba should be sent back to Canada: MP

A Toronto-area MP says a local businessman sentenced in Cuba to 15 years in prison should be sent back to Canada.

Peter Kent says Cy Tokmakjian could be expelled from the Caribbean country or transferred to a Canadian facility instead of serving out his sentence there.

Tokmakjian, 74, was convicted Friday on corruption-related charges that Cuban officials call part of a widespread campaign against graft.

The owner of the Ontario-based automotive company Tokmakjian Group was held for more than two years before being tried in June.

The company issued a statement earlier this year saying Tokmakjian did nothing wrong and suggested he didn't get a fair trial. Kent says the sentence is "outrageous," but not entirely unexpected.

THE CANADIAN PRESS

Spy business. Watchdog's past oil ties spark concern with civil liberties group

A civil liberties group is objecting to Canada's spy watchdog assigning Yves Fortier to investigate alleged spying on environmental activists, citing a conflict due to his former petroleum industry ties.

The British Columbia Civil Liberties Association's lawyer has written to the Security Intelligence Review Committee asking that Fortier "recuse himself from any participation" in the matter since he once sat on the board of TransCanada Pipelines — the company behind the Keystone XL project.

Fortier, one of three review committee members, was recently appointed to lead an investigation into the association's complaint that the Canadian Security Intelligence Service gathered and shared information about activists opposed to Canada's energy policies.

THE CANADIAN PRESS

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‘No action you can take in the middle’

No-win situation. Missouri Gov. Nixon’s response to Ferguson shooting has been criticized from all sides

As protests mounted following the police shooting of 18-year-old Michael Brown in the St. Louis suburb of Ferguson, so did the public frustration directed at Missouri Gov. Jay Nixon, no matter what action he took.

Records obtained by The Associated Press show Nixon received thousands of phone calls and hundreds of emails, letters and faxes from people throughout Missouri and the world following the Aug. 9 shooting.

The documents show diverse public reactions to the incident, with many critical of Nixon for not intervening quickly enough as police fired tear gas on protesters, and again when he appeared to call for the prosecution of the officer who shot Brown, despite the ongoing investigation.

His apparent call for “vigorous prosecution” came on Aug. 19 when he released a video statement declaring:

“To protect the people of Ferguson ... a vigourous prosecution must be pursued,” Nixon said.

Ferguson criticisms

“There’s literally no action you can take in the middle that’s not going to get you criticized.”

Eric Morris, assistant communications professor at Missouri State University.

His statement was negatively received by law enforcement officers and their families, who took particular issue with Nixon’s comments.

“They were rude, biased and unwise,” wrote Fresno County, California Sheriff’s Deputy Chris Curtice.

Nixon’s office issued a statement clarifying that his words weren’t intended to prejudge the officer but to refer to the full duties of the prosecutor.

“What I was trying to say ... was let’s get this (legal) process moving,” Nixon said in response to the backlash.

Eric Morris, an assistant communications professor at Missouri State University, said Nixon’s situation is virtually a no-win situation from a public perception standpoint.

“There were substantial numbers of people with strong feelings on both sides of it, which means there’s literally no action you can take in the middle that’s not going to get you criticized,” Morris said.

THE ASSOCIATED PRESS

Indian politician’s supporters fast, silently protest conviction

A supporter of Indian politician Jayaram Jayalalitha displays a picture of the charismatic politician during a public fast Sunday. The protesters are demanding the release of Jayalalitha from a Bangalore jail in Chennai, India. A top elected official in the southern Indian state of Tamil Nadu, Jayalalitha was sentenced on Saturday to four years in prison after a court found her guilty of corruption in a case filed 18 years ago.

ARUN SANKAR K/THE ASSOCIATED PRESS

International aid

Help wanted: Ebola relief efforts

Doctors and beds for patients are in short supply, and six months after the Ebola outbreak that has claimed 3,000 lives, the gap between the aid provided and what is still needed is enormous.

Beds are filling up faster than clinics can be built; the existing bed capacity for patients in the affected African countries is 820, well short of the needed 2,900 beds. Many countries have offered aid in the form of manpower and equipment, yet much more help is needed from the international community. THE ASSOCIATED PRESS

Exposed to Ebola

Doctor to go into isolation near D.C. for observation

The National Institutes of Health is preparing to care for an American doctor who was exposed to the Ebola virus while volunteering in Sierra Leone. The physician is to be admitted to a special isolation unit at the NIH’s hospital near Washington, D.C., as early as Sunday, for observation.

Four other American aid workers have been infected and treated in U.S. hospitals. Three have recovered while one remains hospitalized. THE ASSOCIATED PRESS

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Magnotta murder trial begins

Notorious. 32-year-old has pleaded not guilty in the gruesome slaying of 33-year-old student Jun Lin in 2012

The trial in one of Canada's most publicized and shocking criminal cases is set to begin Monday with evidence being heard in the proceedings against alleged murderer Luka Rocco Magnotta.

Magnotta, 32, has pleaded not guilty to five charges in connection with the slaying and dismemberment of Chinese engineering student Jun Lin in May 2012.

The charges are: First-degree murder; committing an indignity to a body; publishing obscene material; criminally harassing Prime Minister Stephen Harper and other members of Parliament; and mailing obscene and indecent material.

Trial judge Guy Cournoyer questioned potential jurors earlier this month about whether they could stomach evidence that could be considered gruesome, graphic and possibly upsetting.

Fourteen bilingual jurors will hear the case. They will receive instructions from Cournoyer before prosecutor Louis Bouthillier begins presenting the Crown's arguments.

The investigation was launched after the discovery of a human torso stuffed in trash behind a Montreal apartment building in May 2012. Body parts then began surfacing in different regions of Canada — first at a federal political office in Ottawa and, later, at two British Columbia schools.

Luka Rocco Magnotta is taken by police from a Canadian military plane to a waiting van in 2012 in Mirabel, Que. Magnotta has pleaded not guilty to first-degree murder and other charges in the dismemberment and slaying of Jun Lin in May 2012. Magnotta's trial is set to begin on Monday. THE CANADIAN PRESS

A video that purportedly depicted a slaying was posted online around the same time and was linked by Montreal police to the discovery of the body parts.

Bouthillier has said up to 60 Crown witnesses could be heard at the trial, which is expected to last between six and eight weeks. Some Europeans could be called to testify.

The trial is likely to lure plenty of curious onlookers. During the preliminary hearing, the case attracted criminology students, legal junkies and even a handful of people who appeared to support Magnotta.

Diran Lin has attended several days of proceedings and has said he hopes to see justice for his son.

Jun Lin, 33, had been living in Canada only since 2011, realizing a long-standing dream by coming to Montreal. His family said in April 2013 that Lin had a comfortable life working in IT at Microsoft's Beijing office, but had sought a move to Canada to study and to improve his life. THE CANADIAN PRESS

Ford: 'Bigger and badder' cancer no match for me

Toronto Mayor Rob Ford is embraced by his brother Doug, daughter Stephanie and son Doug at Ford Fest in Toronto on Saturday. CHRIS YOUNG/THE CANADIAN PRESS

A defiant Toronto Mayor Rob Ford returned to the public spotlight Saturday, talking tough about his cancer by saying he'd take it "out the back" and get rid of it like he did his substance abuse problems.

Ford mounted a stage at his family's annual barbecue party and told a crowd of hundreds that he was going to triumph over his latest struggle just as he tackled substance abuse during a stint in rehab that ended three months back.

"I had a guy I was looking in the mirror every morning and saying, 'You know what? I can't beat this guy.' Wherever I went, that guy was there, and he was beating me every time. So you know what? I took that guy out the back, and I took care of him," Ford said, his voice sounding hoarse at times.

"A couple weeks ago, the doctor came up to me … He says, 'We got someone bigger and badder than that,' and I said, 'Who's that guy?' And he said, 'Cancer,'" Ford said.

"I said, 'You know what? Go tell cancer that I'm going to put him where I put that guy in the mirror three months ago.'"

Saturday's party came exactly one month before the election, and though the crowd's spirits were high, the ailing mayor's health loomed large.

Supporter Leo Robinson said that even if Ford was battling cancer, he shouldn't quit politics but rather keep at it and stand up for the little guys.

"He's for the people. And once you're for the people, at the end of the day, whether you're here or not, you're still going to be fighting for the people," Robinson said.

Ford gave heartfelt thanks to his supporters, known in Toronto as "Ford Nation."

"Every single person has had personal problems in life," he said. "You find out who your real friends are and Ford Nation has never wavered one iota." THE CANADIAN PRESS

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Detroit. Emergency manager drawing closer to resolving bankruptcy

Kevyn Orr's success in shepherding Detroit through its historic bankruptcy will leave him unemployed, at least temporarily, when and if his task in the Motor City is complete.

The turnaround expert who helped Chrysler through its 2009 Chapter 11 restructuring says he has given no thought to what he will do once Detroit's bankruptcy trial ends.

"I will talk to no one about a potential job until I'm done here," Orr said minutes after signing an order Thursday relinquishing most of the power he's had for the past year and a half as the state-appointed emergency manager back to the mayor and city council. "I'll be truly unemployed — hopefully in a couple of weeks."

Chances are he won't be jobless for long.

"Orr and his team have really done an extraordinary job in the last 18 months in guiding the city through uncharted water," said Michael Sweet, a bankruptcy attorney with Fox-Rothschild's San Francisco office. "It puts him at the forefront of people who do this. He would have accomplished in a very short period something no one has ever done."

Orr left the international law firm Jones Day to take the Detroit job in March 2013. That July, he made Detroit the largest U.S. city to file for bankruptcy.

His debt adjustment plan, which still must be approved in bankruptcy court, seeks to wipe out $7 billion of the city's $12 billion in unsecured debt.

THE ASSOCIATED PRESS

Quoted

"Kevyn Orr has ... done quite a job in pulling together all the disparate pieces necessary to get very close to resolving the bankruptcy."

Bankruptcy attorney Michael Sweet

Brand trials, triumphs and tribulations

HOW TO ROLL
Alison Griffiths
metronews.ca

September is often the best month for weather but the worst historically on the stock market. Not this year. Still, the thumbs had a lot to choose from in the September business and investing roundup.

Thumbs down:
Tim Hortons married Wendy's in 1995. That alliance was entirely one-sided, with Tim's propping up a failing fast-food business. Now there's a second marriage to Burger King. But wait — the matchmaker behind the union is actually 3G Capital of Brazil, which owns the Home of the Whopper.

The 3G merger machine loves buying winners then getting out the corporate scissors to cut, cut, cut to boost profits. 3G Capital, by the way, was responsible for the closure of the Heinz factory in Leamington, Ont.

The 3G knives have already been slashing at Burger King's operations, axing huge numbers of head-office jobs and dumping company-owned stores. Soon, that bit of fresh lettuce and tomato on your Tim's breakfast sandwich may be history.

Thumbs down:
Could American Apparel make things any worse for its brand image? Oh yes, it could. The hip clothing retailer fired its foot-in-mouth founder, Dov Charney, in June over alleged sexual harassment. Then, just to prove that the company does not condone the objectification of women or girls, it launched a back-to-school campaign with Lolita.

Come again? There's nothing like a photo of a mini-skirted, supposed schoolgirl bending over showing her undies and bottom cheeks to demonstrate that the company is serious about treating us gals in a respectful way.

The ad was promptly banned in British publications.

Thumbs up:
The 40 thieves did not accompany Chinese e-commerce giant Alibaba to the big board when its initial public offering (IPO) debuted on Wall Street 10 days ago. Instead, a good deal of fairy dust was flung about as the IPO hit the record books as the all-time biggest, raising $25 billion.

Tech investors are still smarting over Facebook's sad-sack launch in 2012. In contrast, Alibaba's liftoff has been a breath of fresh IPO air. While there are still worries about how real the company's figures are, there's no question that Alibaba has actual revenues and profits. Whew!

Compare and contrast

Is Canada selling or buying?

- **$428 billion**: The value of Canadian companies sold to foreign interests from 2004 to 2013.
- **$575 billion**: The value of foreign companies purchased by Canadians.

Air France. Pilots' union ends 14-day strike action

Air France's leading pilots' union on Sunday announced an end to a 14-day strike that grounded roughly half of the airline's flights, stranded passengers worldwide and led to stern shows of frustration by the French prime minister.

After a late-night, 15-hour negotiating session with management, leaders of the SNPL pilot union walked away with no accord, but with the realization that the strike "is not an end in itself," said union spokesman Antoine Amar.

The union was "taking up its responsibilities" and ending the walkout so that service can now resume and negotiations can continue peaceably, he said.

Air France, in a statement, said that service would start returning to normal on Tuesday — meaning that flights already cancelled between now and then won't be reinstated.

At the centre of the standoff are Air France's ambitions to develop a low-cost affiliate, Transavia, to tap into new markets in both France and elsewhere in Europe and better compete.

The pilots' union started the strike out of concerns that management was looking for a way to outsource jobs to countries with lower taxes and labour costs.

THE ASSOCIATED PRESS

A pilot and Air France workers gather in front of the company headquarters as they demonstrate against the pilots' strike in Roissy, outside Paris, Wednesday. Slogans read "No to This Strike." CHRISTOPHE ENA/THE ASSOCIATED PRESS

Shanghai

China lifts curbs on foreign investment

China announced Sunday the lifting of restrictions on foreign investment for several industries, from green tea to civil airplane engines, in a special free-trade zone in the business hub of Shanghai.

The new rules affect 27 industries and represent a mix of concessions over the rules that apply elsewhere on the mainland.

THE ASSOCIATED PRESS

Saskatchewan

Carbon-capture plant to launch

Saskatchewan's government-owned power utility, SaskPower, is set to launch its flagship carbon-capture-and-storage project this week when it cuts the ribbon on a $1.4-billion addition to its Boundary Dam power plant near Estevan.

The project outfits part of the power station with a mechanism to capture carbon dioxide emissions and transport the gas through a steel pipeline into storage deep underground.

THE CANADIAN PRESS

WINNIPEG: WE DON'T NEED NO STUPID SLOGAN

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

Something interesting happened in Edmonton last week, when a councillor suggested getting rid of the old "City of Champions" slogan, and Mayor Don Iveson said it should be replaced with ... nothing.

That's right: Nothing.

Not "Edmonton: We used to be good," or "Edmonton: We still have a pretty big mall" or even "Edmonton: Our mayor is cooler than yours," (which he totally is).

"We're in the post-tagline era," Iveson told local media, and on Twitter he used the hashtag #noslogan and said "let 'Edmonton' stand strong on its own."

Here in Winnipeg we've had our own recurring debates about the merits of various civic (City of Opportunity) and provincial (Spirited Energy) slogans. Six years ago, Mayor Sam Katz used a public vote — which has to be the worst way of picking these things — to decide to replace the banal "One Great City!" greeting on entrance signs at the Perimeter with the equally banal "Heart of the Continent."

Predictably, that slogan went nowhere, and if it wasn't for the Internet, I might have had to drive to the edge of town to remember what it is.

The notion that drivers need a sign reminding them they're in the middle of the country seems redundant in the first place, since they've probably consulted Google Maps or a GPS device at some point during their trip. And what's the virtue of being in the middle, anyway? If you're concerned about rising ocean levels it's a bonus, but otherwise the signs might as well say "Welcome to Winnipeg: You're halfway to Vancouver."

We're going to have a new mayor in less than a month, and while he or she will certainly have bigger problems to deal with, getting rid of the corny entrance signs could probably be done during the cocktail reception after the swearing-in ceremony. New mayor, new signs, new direction. I'm sure somebody could turn that into a serviceable news release.

#noslogan

Cities are complex places that can't be legitimately summed up with a few pithy words slapped on a welcome sign

Cities are complex places that can't be legitimately summed up with a few pithy words slapped on a welcome sign. It's tired, embarrassing and demonstrates a crippling insecurity. And Winnipeg isn't a city that needs slogans; it needs honesty.

This place is weird, boring, wonderful, horrible, uplifting, soul-crushing, friendly, bitter and baffling. It has amazing creative institutions, and terrible social problems. It has sports teams, but some of them aren't very good. It's the kind of place where anyone can be successful, but it helps if you have ties to the establishment. It will never decide what it wants to do with transit. But all of that would make for a pretty big sign, so how about we follow Iveson's lead and just go with "Winnipeg," and let it stand strong on its own?

Pride protected

A gay activist holds a rainbow flag as he stands in front of Serbian riot police during a pride march in Belgrade Sunday. Thousands of police officers were deployed in an effort to protect the march that faced threats of attacks. MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

Serbia holds first pride march in four years

Waving rainbow-coloured flags, several hundred gay activists proceeded undisturbed through downtown Belgrade on Sunday thanks to the protection of thousands of riot police.

Skirmishes were reported between small groups of extremists and police during and after the march, with soccer hooligans attacking liberal B-92 radio and TV station with flares and smoke bombs. Two policemen were injured, the station said. Also, the hooligans set one public bus on fire with flares, according to police.

Belgrade Mayor Sinisa Mali joined the march together with several foreign diplomats and party leaders.

Officials allowed Sunday's event, despite fears of a repeat of the violence in 2010 when right-wing groups attacked a pride march in Belgrade, triggering clashes with police that left more than 100 people injured. THE ASSOCIATED PRESS

Symbolic

The march advanced for several hundred metres through empty streets where shops were closed and public transport was stopped. Still, it was important symbolically as a rare public event.

MetroTube

Doggone dogs, y'know?

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's no shortage of videos featuring dogs doing some damned fool thing, but every now and again, a dog pulls a bonehead bout of baffled behaviour that leaves even the people who know it best dumbstruck by what they've just seen. This is one of those videos. (Daniel Wirtz/YouTube)

ISTOCK

Comments

RE: Redbox Resurrects DVD Rentals to Canadians, published online Sept. 27, 2014

I can't even begin to make fun of this in a way that would place it into a properly ridiculed context. Instead, consider that this costs Redbox nothing and the poor franchisees that fall for the con, thou$ands.

Jeff200
posted to metronews.ca

WE WANT TO HEAR FROM YOU:
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metro AR

SEE THE NEWS COME ALIVE

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Soundtrack

Former child soldier, actor to release album

The Good Lie star Emmanuel Jal is set to launch his fifth studio album The Key on Oct. 9th at Toronto's Tattoo Queen West.

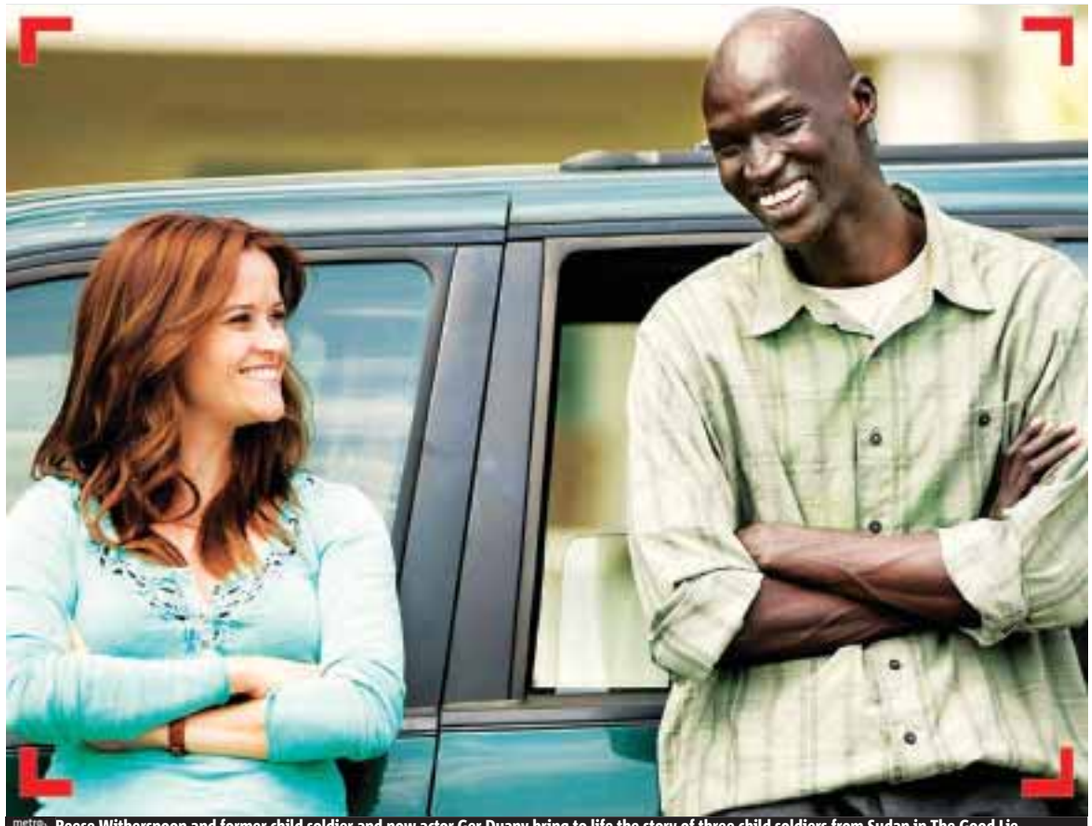
Jal will be world premiering songs from his new 13-track album — which includes collaborations with Nelly Furtado.

Recorded in Kenya, Uganda, London, New York, Connecticut and Toronto, The Key seamlessly blends traditional African music with contemporary urban, hip hop and global pop music rhythms, while incorporating EDM, reggae/dub, soul and Afro beat elements.

Two songs from The Key (Scars and We Fall) are featured on The Good Lie soundtrack, a film that Jal co-stars in alongside Reese Witherspoon, and that premiered at TIFF (Toronto International Film Fest) in early September.

Jal has collaborated with and performed alongside numerous big acts including Peter Gabriel, Alicia Keys and Joss Stone, and had the honour of performing at the late Nelson Mandela's 90th birthday celebration in London. He has been featured on CNN, Time, USA Today, MTV, BBC, New York Times, Rolling Stone, NPR, Huffington Post, CBC (Strombo's The Hour, Q with Jian Ghomeshi), CTV's Canada AM and most recently appeared on the season premiere of The Queen Latifah Show on Sept. 15, where he got the Queen herself to dance to his buzzy Afro beat song Dusu, which appears on The Key.

METRO NEWS



metro AR Reese Witherspoon and former child soldier and now actor Ger Duany bring to life the story of three child soldiers from Sudan in The Good Lie. Scan this photo with your Metro News app to see the trailer. CONTRIBUTED

Story of lost boys of Sudan a wrenching tale of humanity

The Good Lie. Actors have a special tie to true tale of child soldiers who escaped to settle in Kansas City — it was their own

AUSTEN GILLILAND
scene@metronews.ca

A seemingly endless line of children trails across the horizon. Orphaned by civil war, they're walking — they hope — to safety. But they have hundreds of miles to go, and no guarantees of what they'll find along the way.

It's a scene from new movie The Good Lie, but it's far from fiction.

"I feel like it's my story being told on the big screen," said actor Emmanuel Jal.

"Emmanuel and I carried AK-47s just to live, before we even knew how to read and write," said actor Ger Duany.

Jal was born into the life of a child soldier; Duany was forcefully recruited. Eventually, they both joined the thousands of orphans who fled the brutal civil war that broke out in Sudan in 1983. Walking for months in search of sanctuary, those children became known as the "lost boys."

Those who survived the journey ended up in refugee camps in neighbouring Kenya and Ethiopia. About 3,600 of them were eventually relocated to the United States.

Jal and Duany, along with fellow Sudanese actors Arnold Oceng and Kuoth Wiel, bring the story of the lost boys (and girls) to life in The Good Lie. The movie traces the journey of four young Sudanese refugees as they flee the war, living first in a refugee camp and then ending up in truly unfamiliar territory: Kansas City, Mo.

Although life in the refugee camps was an improvement over life on the run, it still wasn't easy.

"There was no electricity, no running water," said Duany.

And the lucky few who made it to America faced a new set of challenges.

"Everything was new when we came here," said Duany.

Everything — from drinking straws to light switches to toilets — was a mystery. The moments of discovery provide a bit of lighthearted relief in the movie, as the refugees gradually find their feet with the help of a no-nonsense employment counsellor played by Reese Witherspoon.

Although Jer and Duany believe the story of the lost boys is an important one to tell, revisiting the past wasn't easy.

Duany had hoped for years to act in a film depicting the struggles of Sudan's lost boys, but when the chance finally came, "I read the script and I collapsed. I threw it away, and I went to the bathroom to cry," he said.

"I never thought this story would be told."

But it's worth it, he says. "This was horrible, it happened a long time ago, but we want to tell this story now," he said. "Because there is another story coming."

Jal agrees. "This film is not just about the lost boys," he said. "This is about humanity."

As well as raising awareness about the plight of Sudanese refugees, the actors hope the film will help raise funds to support the humanitarian and educational needs of the lost boys. Find out more about the Good Lie Fund at thegoodliefund.org.

The Good Lie opens in Toronto on Oct. 3, and across Canada on Oct. 24.

Quoted

"I read the script and I collapsed. I threw it away, and I went to the bathroom to cry."

Actor and former child soldier Ger Duany on reading the script for The Good Lie for the first time.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Lawrence finds Coldplay gigs are better than counting sheep

STARGAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence keeps turning up at boyfriend Chris Martin's Coldplay concerts. Lesson learned: If you find a cure for insomnia that works, you just stick to it.

James Blunt got married this past week. Whatever. Sure. OK.

This week in celebrity activism: 1. Emma Watson delivers a passionate speech on gender equality at the UN. 2. Leonardo DiCaprio, Mark Ruffalo, Sting, Edward Norton and Evangeline Lilly participate in climate change marches. 3. Joseph Gordon-Levitt launches a project, inviting people to tell him what feminism means to them. 4. Matt Damon speaks at the Clinton Initiative. 5. Kim Kardashian posts a picture of Kanye West ("#MyFineAssHusband") and campaigns for a guest spot on Downton Abbey.

Jeremy Renner reveals he got married. Too bad. He's kinda hot.

Eleven months after their split, Kris Jenner and Bruce Jenner are getting divorced. They've already split everything right down the middle: Kris gets the money and the houses and Bruce gets away.

Tom Hardy secretly married Charlotte Riley more than two months ago. Noooooooooooo.

Twitter

@officialjaden
Hate Me Love Me Doesn't Matter
I'm Still Occupying Time Inside Of Your Psyche.

@thandienewton
Just met one of my heroines the great Chrissie Hynde #swoon

@joelmchale
Whoever used the urinal before me was either very nervous or blindfolded, or nervous & blindfolded.

George Clooney and his wife Amal Alamuddin. LUCA BRUNO/THE ASSOCIATED PRESS

With Clooney gone, is next top bachelor Leo or Pauley?

George Clooney went and got himself hitched this weekend. So that means one thing: We need to hurry up and find Hollywood's Next Most Eligible Bachelor.

It's a tough act to follow, to be sure, but someone out there has to be at least nearly as adept at being rakish and charming, looking great in a tux and squiring a stream of enviable girlfriends while avoiding marriage.

So, ladies, who is the new reigning king of single Hollywood? The smart money is on the ever-debonair Comedy Store heir Pauley Shore, who oozes confidence and sophistication. (Although Shore has some serious competition in A-list gala circuit fixture David Spade.) But our money is on Ryan Seacrest. Is that guy ever going to meet the right girl and settle down?

The real answer is noted environmentalist, serious actor type and serial model defiler Leonardo DiCaprio — which is a bit awkward, since Clooney isn't such a fan of the Great Gatsby star.

Sheen fires bodyguard, shocks pals

It's been a while since Charlie Sheen has gone off the deep end, but he seems to be making sure he'll have no one to help him out the next time he does.

Sheen has reportedly fired longtime bodyguard Gil Peled, in a move similar to his firing last year of his manager, publicist and lawyer, reports Radar Online.

Peled "had been with Charlie through the good and the bad, including his many tumultuous meltdowns," a source says. "For him to be abruptly fired was just shocking to Charlie's friends."

Buckle up, everybody!

Zayn Malik of One Direction. GETTY IMAGES

One Direction terrorist joke goes south for Daily Show

The folks at The Daily Show with Jon Stewart have learned not to kick the hornet's nest that is One Direction fandom. Fans lit up Twitter with the hashtag #thedailyshowgonetoofar after Jessica Williams mentioned the group in a joke.

"Just as you were talking, a new terrorist group formed with one member each from ISIS, al-Nusra, al-Qaeda, Hamas, One Direction, and the Zetas drug cartel," she reported during the show.

Fans immediately assumed the show's writers were poking fun at Muslim group member Zayn Malik.

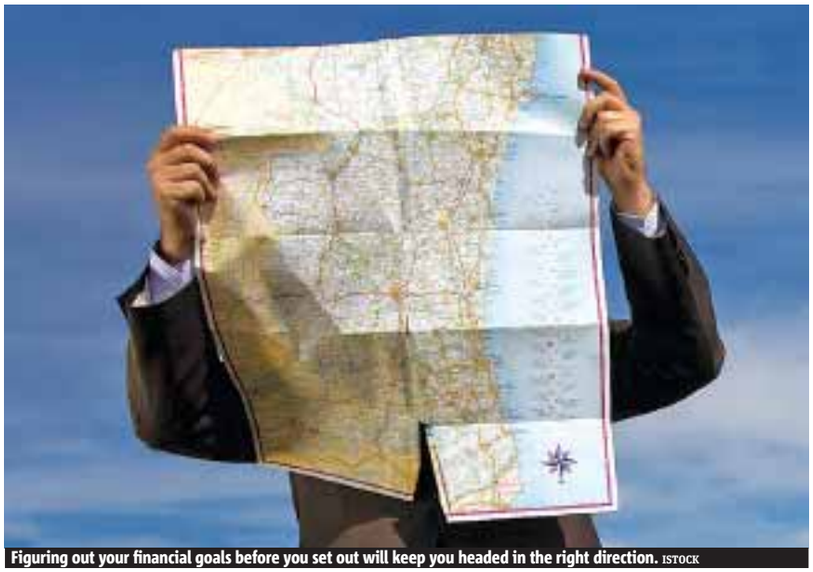
Some of the more choice responses included: "Don't try joking with our boys, because we are Directioners and we are mafia," "I suggest you take 8,381 steps back before I actually kill you" and "It's not funny to make jokes about terrorism in the first place."

LIFE 3

Pick a destination to keep your financial plan on track

Where are you going? Your financial planning journey starts with a goal

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com



Figuring out your financial goals before you set out will keep you headed in the right direction. ISTOCK

Imagine that your best friend has invited you to stay at her cottage. She tells you it's "up north." That's it, no more info. That's how most people treat the management of their money. The destination is vague and they have no idea which way to go. I want you to think of a financial plan as a GPS device for your financial life. But before you can head off, you at least need to know where you want to end up!

While you have to know where you're headed to lay down a trip plan, if you change your mind, or if something throws you off track, you don't just stop or wander around aimlessly. Just as with a GPS, you recalculate your route. You figure out what you want to do next and head off.

To have the life you want, you need to know where you're going. This isn't about casting your life plan in concrete. It's about having a sense of your destination and some good directions. You need to put an address in your GPS before you can get started. That address is your goal.

You can have loads of dreams and just as many goals, but you can't possibly do them all at once. Time to prioritize. When you make your goals, identify what the most important thing on your list is. Label it No. 1. That's the thing you'll put the majority of your effort towards.

You can work towards more than one goal at a time, but you need to prioritize. No, you can't buy a house, have a baby and go back to school all at the same time. What's your Goal No. 1? Where do the others fit into your plans? Label whatever else you're working on as No. 2, No. 3, and so on.

Those goals have to be very specific. Be clear about what you want. Want to buy a home? What kind of house? Semi, condo, or fully detached? In the city? In the country? For how much? For $175K, $350K, $1.2 million?

Since, as I have been heard to say about a bazillion times, "a goal without a deadline is a dream," you have to add some dates.

Do you want to buy that home in two, three or five years? Again, the timeline isn't cast in concrete, but having it means you're serious about your focus.

Some goals have a short-term timeline, like saving for your sister's wedding. Some goals are medium-term, like putting together the down payment on a home. Some are long-term, like saving for retirement.

Patience and tenacity will get you where you want to go. Baby steps or great big leaps, you'll move at a different pace on different goals depending on what else is going on in your life. What's important is to keep moving forward.

If you've got kids who are babies, don't ignore the educational savings plan. Putting just a little away each month puts momentum on your side. It doesn't have to be a ton to start. But you have to start. It's the same with balancing debt repayment and savings. You can't just focus on your arrival time when you're heading to your destination, you have to watch road conditions and monitor your speed.

You want to get your student debt paid off. Great. You've got $31,000 worth of debt, and you want it gone in 24 months. Really? The principal alone will cost you $1,292 a month from your cash flow? Is that realistic? There's no point in setting goals you can't achieve. It's better to be realistic about your destination and when you plan to get there.

Don't expect things to go smoothly the whole way. C'mon, you know life isn't like that! You've got to be prepared to adjust your plan.

Halfway to your destination, a roadblock can send you miles off course. Don't give up. Show some backbone. Recalculate your journey and get moving. If you're determined, you'll get there. There may be some bumps and jolts along the way, but you'll get there.

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Chart your milestones

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- When it comes to a goal, you have to find a way to visualize the progress you're making.
- Whether you create a chart with the milestones to your goal highlighted, or you create a vision board on which you can plot each step you've taken, track your progress.
- That'll help you moving towards your destination.

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When work wages war on wellbeing

Of life and labour. A sociology professor delves into the links between work, stress and health

University of Toronto professor Scott Schieman is investigating what he calls 'work-life interface'.
BRIAN SUMMERS / TORSTAR NEWS SERVICE

"Why can't there be more hours in a day?"

It's a plea that rears up inside the brain, usually around 10 p.m., when the to-do list of emails, laundry, children's party invitations, the carpool schedule and a must-finish-by-tomorrow work deadline seems impossible to complete before sunrise.

It's also an entreaty that seems to have no clear answer, unless you're willing/able to forgo sleep indefinitely.

But next time you appeal to the heavens for a few extra hours, know that Scott Schieman is looking for a solution to this modern-day problem.

The University of Toronto sociology professor is investigating the links between work, stress and health using data from an ongoing national survey of some 6,000 Canadian workers. Launched in 2011, the study will conclude in 2019.

So far, Schieman, who is also conducting in-depth interviews with a group of study subjects on what he calls "work-life interface," has found that about one-third of workers report feeling overwhelmed by their jobs. About one-third of workers also say they don't have enough time in which to complete their job tasks.

"The number one thing that undermines work-life balance, or work-life fit, is feeling rushed for time — that feeling like you have too much to do and not enough time to do it in," says Schieman, who also holds a Canada Research Chair in the social contexts of health.

Schieman hopes his research will help employers and employees find solutions to this ever-increasing societal problem.

He says research has shown that people who report high levels of job pressure are more likely to experience physical and mental health problems.

Until societal solutions emerge, Schieman says one way people can reduce the feeling of being overwhelmed by their job is to look closely at whether their workload is realistic.

"Step back and reflect on the structural reasons for your workload," he says. "Is someone at work putting too much pressure on you? Is the problem stemming from how you are organizing your work schedule? Just consciousness-raising about the amount of work and the time to do it in can help pinpoint solutions."

Schieman also recommends workers find social supports to help relieve job-related pressures.

"Having support from co-workers and managers — this is a huge factor," he says, noting that supervisors who empathize with employees over work-life balance foster loyalty and create a more-committed workforce.

"It really helps having a manager who understands the importance of work-life fit."

When the clock strikes stress

"The number one thing that undermines work-life balance, or work-life fit, is feeling rushed for time — that feeling like you have too much to do and not enough time to do it in." Scott Schieman

Since autumn brings with it that back-to-school, back-to-work mindset, Torstar News Service asked two busy professionals to share their challenges, and solutions, to finding that elusive work-life balance.
TORSTAR NEWS SERVICE

Sacrificing sleep for work

Name: Alison Kramer

Alison Kramer

- Life, in brief: A writer, content creator, and former entrepreneur, Kramer lives in Oakville, Ont., with her life and business partner, Scott Stratten, president of Un-Marketing. Their house is home to four children (they're a blended family) ranging in age from eight to 13.
- Kramer, whose most recent project with Stratten is the book UnSelling: The new customer experience, says she works whatever hours are needed to meet a deadline.
- The hours that Kramer sleeps, however, rarely change. "I get five hours a night," she says. "Sleep is one of those things I've never gotten very much of. I believe in finding extra hours in the day. I believe they exist."

Challenges: For Kramer, being a writer and content creator means that she can work anytime, anyplace to meet deadlines.

- This kind of flexibility is one of the reasons she walked away from her small business two years ago. It also means Kramer has to work hard to prevent work from bleeding into family life.

Solutions: Kramer aims to find balance each day.

- "I can be home and writing and still leave for half an hour to pick up someone from school who is sick. I have a lot of flexibility and I think that's a privilege."

Taking time to find time

Name: Brendan Neil

Brendan Neil

- A criminal defence lawyer based in Halton, Ont., Neil is married and has a 17-year-old daughter. He works between 80 and 100 hours a week. He sleeps between three and six hours a night.
- Neil makes time for activities that help him relieve stress, including running, going to the gym and teaching a scuba diving class.

Challenges: For Neil, managing his often overscheduled calendar is an ongoing dilemma.

- In his profession, clients may call in the middle of the night requesting his help. He also never knows when a trial may get extended, pushing a neatly scheduled calendar into disarray.
- "This year has been especially rough," he says. "My family went away five times and I had to stay home."

Solutions: Neil plans every aspect of his life since his work can easily take over all available hours.

- "You have to schedule and prioritize the important things in life, including family time and time for yourself," he says. "If you don't schedule it, you will find that you won't have time for it."
- "My advice is to plug it all in your calendar or it will all slip by the wayside."

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Due to overwhelming demand a 2nd Information Session has been added

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Monday Oct. 6th · 7 pm – 9 pm
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*Cannot be combined with other bursaries.
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Fall for this light, seasonal dish

This recipe serves six. ROSE REISMAN

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

Salsa

- 1 large ripe pear, peeled, cored and diced
- 1 tbsp brown sugar
- 1/2 tsp cinnamon
- 2/3 cup finely chopped dried apricots
- 1/3 cup finely chopped red onion
- 1/3 cup finely chopped roasted red pepper
- 1/4 cup chopped toasted pistachio nuts
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp maple syrup
- 1/2 tsp finely chopped garlic

Fish

- 1 1/2 lb lake or salmon trout (or tilapia)
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 3 tbsp chopped fresh mint or basil

Nutritional information

Per serving

- **Calories.** 310
- **Carbohydrates.** 27 g
- **Fibre.** 2.9 g
- **Protein.** 22 g
- **Total fat.** 12 g
- **Saturated fat.** 2.1 g
- **Cholesterol.** 60 mg
- **Sodium.** 80 mg

Trout with Pears, Pistachio and Dried Apricot Salsa. Before you dig into stews, try this healthy fish dinner

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Barbecue season has mostly come to an end and now it's back to the oven.

Baking a delicious fish entrée is a great way to start off the fall with healthier eating habits.

Lake trout has a pink tone with a light and flaky texture. It has a mild flavour and is a lean fish that's filled with omega-3 fatty acids, which reduce heart disease, high blood pressure, high blood cholesterol and certain cancers.

It's also approved as a safe fish to eat in reference to contaminants.

The salsa topping brings out the flavour of the trout.

The combination of sweet pears, apricots and pistachios is perfect with this light-tasting fish.

You can also use ripe pears to replace the apples and substitute tilapia, basa, or pickerel for the trout.

Directions

1. For the salsa, lightly coat a small, nonstick skillet with cooking spray and set over medium heat. Add the pear, brown sugar and cinnamon. Sauté for about 3 minutes or until the pear is softened and begins to caramelize. Place in a small mixing bowl.

2. Add the dried apricots, onion, red pepper, pistachio nuts, olive oil, lemon juice, maple syrup and garlic. Stir to combine and set aside.

3. Dust fish with flour. Lightly coat a nonstick skillet with cooking spray, add the oil and sauté fish for about 8 minutes or just until cooked, turning halfway through.

4. Place on a serving platter, spoon the salsa over the fish and garnish with mint or basil.

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This Greek Salad gets stuffed

If you love Portobello mushrooms, this makes a great side or vegetable dish. I like to serve the stuffed mushroom at room temperature. This a unique way of serving a Greek salad.

1. Preheat oven to 425 F. Line a baked sheet with foil. Mix panko crumbs and cheese and place on a flat plate. Mix egg and milk and place on a separate dish. Dip mushroom caps, both sides, into egg mixture then crumb mixture.

2. Place mushroom caps on sheet and spray with vegetable oil. Bake for 15 minutes just until tender and browned.

3. In bowl combine remaining ingredients. Divide the vegetable mixture over top the mushroom caps. ROSE REISMAN

Ingredients

- 3/4 cup panko crumbs or bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 egg
- 2 tbsp milk
- 6 large Portobello mushrooms, cleaned with stem removed
- 1/2 cup each diced seeded tomato, green pepper, cucumber
- 1/2 (2 oz) cup diced feta cheese
- 1/4 cup diced green onion
- 2 tbsp chopped black olives
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp minced garlic
- 1/2 tsp dried basil

4 SPORTS

The 11th hour

A's advance to playoffs for third straight season

The Oakland Athletics finally clinched their third consecutive playoff berth — on the last day of the regular season after a prolonged slump.

Sonny Gray threw a six-hitter to win for the first time in five September starts, Josh Reddick had an RBI triple and Oakland beat the Texas Rangers 4-0 Sunday to clinch the American League's second wild card.

The A's lost 30 of their previous 45 games before winning game No. 162. They play the win-or-go-home wild-card game Tuesday night at Kansas City, which won five of the seven games in the season series against Oakland (88-74).

The A's won the AL West title the past two seasons. THE ASSOCIATED PRESS

Playoffs at a glance

- **Division champions:**
  American League:
  East — Baltimore Orioles
  Central — Detroit Tigers
  West — Los Angeles Angels
  National League:
  East — Washington Nationals
  Central — St. Louis Cardinals
  West — Los Angeles Dodgers
- **Wild cards:**
  AL — Kansas City Royals, Oakland Athletics
  NL — Pittsburgh Pirates, San Francisco Giants

Jays hang up hats on disappointing 2014

'We didn't achieve our goals.' Toronto reflects on the season that was and looks forward to 2015

Jose Bautista and the Blue Jays salute their fans during their 1-0 loss to the Orioles on Sunday in Toronto. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Frustrating. Entertaining. Disappointing.

The Toronto Blue Jays wrapped up yet another roller-coaster season Sunday rife with emotion.

"We were an entertaining team," manager John Gibbons said before the season-ending 1-0 loss to Baltimore. "A frustrating team but very entertaining. I think we gave our fans some pretty good entertainment along the way. But in saying that, too, we're all disappointed."

Toronto finished the season at a 83-79 record, falling into third in the American League East on the last day as the Yankees (84-78) moved ahead with a win. The Jays finished 13 games behind the Orioles.

The Jays were 38-24, six games atop the division, on June 6 — fuelled in large part by a 21-9 May (a .700 record for the month).

If May was the peak, August was the valley. The team slumped to a 9-17 record (.346) with Adam Lind, Edwin Encarnacion and Brett Lawrie missing chunks of action with injuries.

Pitcher R.A. Dickey talked of the need for consistency.

"We need to figure out how we can consistently be better," he said. "How can we have the May that we did in multiple months and how do we eliminate the August that we had?"

General manager Alex Anthopoulos also said the team fell short.

"We didn't achieve our goals. That goes without saying," he said.

"It's more disheartening this season, I felt like we were close. Obviously we were there the bulk of the year," he added.

Anthopoulos repeated his confidence in Gibbons, who has a rolling contract that kicks in every Jan. 1.

The team will have to dig deep into its pocket to re-sign left-fielder Melky Cabrera and needs to solve question marks in centre-field, second base and the bullpen. The bench and defence also need upgrades.

THE CANADIAN PRESS

Quoted

"If something like our five-year policy was a problem, I'm pretty sure I would have been told that already, and it doesn't look to be the case."

Blue Jays GM Alex Anthopoulos on refusing to sign players to contracts longer than five years.

Nationals. Diving catch saves no-hitter

Nationals pitcher Jordan Zimmermann celebrates his no-hitter with Steven Souza Jr. on Sunday in Washington. MITCHELL LAYTON/GETTY IMAGES

Jordan Zimmermann pitched the first no-hitter for the Washington Nationals, the gem preserved when defensive replacement Steven Souza Jr. made a diving catch in left field for the final out in a 1-0 victory over the Miami Marlins in a regular-season finale Sunday.

Zimmermann (14-5) allowed only two baserunners, finishing with 10 strikeouts and one walk in the fifth no-hitter in the majors this year.

Christian Yelich almost wrecked Zimmermann's bid with two outs in the ninth inning. He sent a long drive to left-centre, and Zimmermann leaned his head back and winced, thinking his no-hitter was lost.

But Souza, who made his big-league debut this year and took over for Ryan Zimmerman to begin the ninth, ran hard into the gap, extended his glove and leaped for the sensational catch. Souza used his bare hand to squeeze the ball in his mitt as he fell.

Souza hopped up and punched the air. Zimmermann, watching from the mound, raised both arms overhead and pumped his right fist.

"I thought that was a double for sure, and here he comes out of nowhere and makes the play," Zimmermann said.

It was the fifth time there has been a no-hitter on the final day of the season.

THE ASSOCIATED PRESS

Paying re2pect to an icon

The Yankees' Derek Jeter played the final game of his career against the Red Sox on Sunday in Boston. Scan the image with the Metro News app to see how baseball bid farewell to the longtime Yankees captain. ELISE AMENDOLA/THE ASSOCIATED PRESS

Rodgers irresistible against Bears

Sweet 'home' Chicago. Green Bay quarterback leads Packers to fifth straight victory at Soldier Field

Week 4

Packers	Bears
38	17

- Go to metronews.ca for more NFL coverage.

Green Bay's Datone Jones celebrates after a sack Sunday in Chicago. At right is Bears tackle Jermon Bushrod. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

The Chicago Bears were coming off prime-time victories on each coast. Then, Aaron Rodgers and the Green Bay Packers came to town, and the result was all too familiar for the Bears.

Aaron Rodgers threw for 302 yards and four touchdowns, and Green Bay shook off one of its worst offensive performances in years with a 38-17 victory over Chicago on Sunday.

"Certainly it was evident today that Aaron Rodgers was at his best, the Green Bay passing game was at its best, we weren't able to get enough of a rush to hurry him enough, and when we did he got outside and made the plays," Bears coach Marc Trestman said.

The Packers (2-2) scored on their first six possessions to build a 38-17 lead. They racked up 358 yards after being held to 223, their lowest total since 2008, a week earlier in a 19-7 loss at Detroit.

They intercepted Jay Cutler twice in the third quarter to pull away from the Bears (2-2). That gave Green Bay five straight wins at Soldier Field, including the NFC title game four years ago and a playoffs-or-bust finale for both teams last season.

For Chicago, the loss was a letdown after back-to-back wins in prime time at San Francisco and the New York Jets. The Bears finally got their run game going, but their defence got carved up.

Rodgers posted a 151.2 rating for the game, completing 22 of 28 passes, and had all the time he needed with five-time Pro Bowl defensive end Jared Allen sitting out because of an illness.

He threw two touchdown passes each to Randall Cobb and Jordy Nelson, and a fifth got called back by a penalty. That happened early in the third when a scrambling Rodgers got hit by at least one defender while unleashing an awkward, wobbly 34-yard pass that somehow connected with Davante Adams in the end zone.

Cobb had seven catches for 113 yards. Nelson had 10 receptions for 108 yards, and the Packers came away with the win despite allowing 496 yards.

The offences were so effective — or the defences struggled so badly — that neither team punted. That happened only once before in a regular-season NFL game, 22 years ago. THE ASSOCIATED PRESS

McIlroy leads Europe to another Ryder Cup title

Jamie Donaldson, right, holds the trophy and celebrates with Rory McIlroy and Martin Kaymer at Gleneagles, Scotland, Sunday. MATT DUNHAM/THE ASSOCIATED PRESS

The tone was set by Rory McIlroy, the best player in the world. The winning shot came from Jamie Donaldson, a Ryder Cup rookie.

Europe added another layer to its Ryder Cup dominance on Sunday by leaving no doubt who had the best team, if not the best players. Behind two early comebacks that showed its resolve, Europe clinched the cup with four matches still on the course.

With a 16-1/2 to 11-1/2 victory, Europe kept that gold trophy for the eighth time in the last 10 tries.

McIlroy played some of his best golf this year — even for a guy who won the last two majors — by trouncing Rickie Fowler to put the first point on the board. Donaldson finished off the Americans with a 9-iron that settled 18 inches from the cup on the 15th hole at Gleneagles and set off the celebration.

"It came down to me to close it out," Donaldson said. "But it's all about the team."

That concept appeared lost on the Americans.

Not long after the closing ceremony, Phil Mickelson said the Americans have strayed from the winning formula at Valhalla in 2008 under Paul Azinger — their only victory in these matches dating to 1999. Even with U.S. captain Tom Watson sitting six seats away, Mickelson said that American team was invested in each other, which was different from Watson's style of doing it his way.

It was an awkward way to end another bad week for the Americans in the Ryder Cup.

"The bottom line is they kicked our butts," Watson said. THE ASSOCIATED PRESS

Donaldson who?

A 38-year-old from Wales playing in his first Ryder Cup, Donaldson seized control over Keegan Bradley at the turn. He was so locked in on his task that he was unaware that he had retained the cup for Europe when he was 4 up with four holes to play. From 146 yards in fairway, he fired a 9-iron at the flag and let the club twirl through his hands.

Premier League

Baggies trash helpless Burnley

Saido Berahino's brace powered West Bromwich Albion past Burnley 4-0 Sunday in the Premier League to seal its third win in a week.

Craig Dawson opened the scoring to condemn the Clarets to their third league defeat. THE ASSOCIATED PRESS

Serie A

Inter humiliated at home

Inter Milan suffered a humiliating first defeat of the season as it was routed 4-1 by last-placed Cagliari in Serie A on Sunday, while Napoli won to ease the pressure on coach Rafa Benitez. THE ASSOCIATED PRESS

Samir Handanovic of Inter saves a penalty Sunday at Stadio Giuseppe Meazza in Milan, Italy. MAURIZIO LAGANA/THE ASSOCIATED PRESS

Women's volleyball

Bulgaria sends Canadians home

Canada was eliminated from the world women's volleyball championship Sunday after a three-set loss to Bulgaria (25-17, 25-16 and 25-18).

Canada's Lucy Charuk of Tsawwassen, B.C., had 10 points. THE CANADIAN PRESS

Women's basketball

Hosts Turkey beat Canada

Lara Sanders had a game-high 18 points as hosts Turkey defeated Canada 55-44 Sunday at the world women's basketball championship.

Turkey is 2-0 at the tournament, while Canada fell to 1-1. THE CANADIAN PRESS

AUGMENTED REALITY

metro AR

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Tough decisions will need to be made this week. Don't let others know what you're planning. It'll be easier to make changes if you don't have to explain yourself.

♉ Taurus
April 21 - May 21
If a friend or co-worker tries to turn each chat you have into a conversation about them, you must let them know it's getting a little bit boring.

♊ Gemini
May 22 - June 21
A completely unexpected event will throw you off your stride today but that's OK. You will still be heading in roughly the right direction and if you get there a bit later, it's no big deal.

♋ Cancer
June 22 - July 23
You seem impatient to get rid of something that has been central in your life for years. It may appear to have outlived its usefulness but the planets indicate there is something important it can still do for you.

♌ Leo
July 24 - Aug. 23
Let fate take its course over the next two or three days and don't try to force an issue that will most likely resolve itself.

♍ Virgo
Aug. 24 - Sept. 23
Make the effort to visit people and places you have not seen in a while. The more you are on the move today the more likely it is you will make contacts who could be useful.

♎ Libra
Sept. 24 - Oct. 23
There has been a great deal of tension in your life of late but with Venus, your ruler, moving into your sign today, expect things to be more relaxed.

♏ Scorpio
Oct. 24 - Nov. 22
What would you change in your life if you knew you had the power to make it happen? Whatever it is, start thinking and feeling as if it will do whatever you tell it to do.

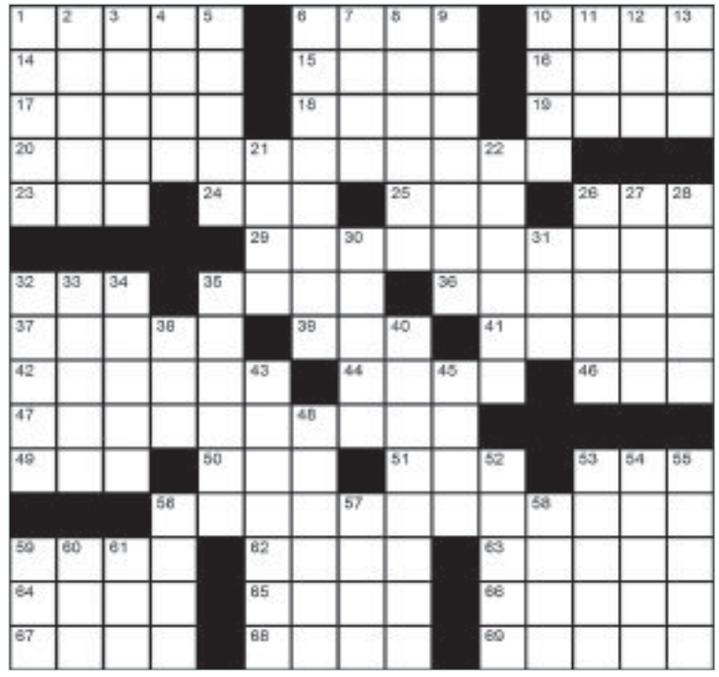
♐ Sagittarius
Nov. 23 - Dec. 21
Are you motivated by hope or by fear? As a larger-than-life Sag it's more likely to be the former but there are still times when worry gets on top of you. Count and celeberate your blessings.

♑ Capricorn
Dec. 22 - Jan. 20
Exciting things are happening in your life and most likely you will be making serious gains between now and the end of the week. Career opportunities will come knocking. Open up!

♒ Aquarius
Jan. 21 - Feb. 19
Things might be calm on the surface but your instincts tell you that behind the scenes major changes are taking place. It is all part of the bigger plan to make your life more fulfilling.

♓ Pisces
Feb. 20 - March 20
Cosmic activity in the wealth area of your chart warns you to keep an eye on your finances. Help people only if you can.

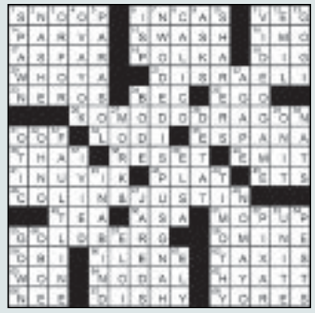
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Showbiz sketches
6. By-the-phone items
10. Campus house, e.g.
14. It's stored in the Aron Kodesh
15. Actor Michael
16. Hurt human's holler!
17. Aroma
18. NYC artsy attraction
19. To, archaically
20. Wyatt Earp advertisement: 2 wds.
23. Sun's spot
24. Supermodel, Alek __
25. HTTP's home
26. Alphabetic trio
29. Hit for Canadian songstress Amanda Marshall
32. Dept. head
35. French film
36. Like sponges
37. "There __ __ words." (I'm speechless)
39. Stevie Wonder's "__ Duke"
41. Explorer's course
42. The Barber of Seville role
44. Ms. DioGuardi
46. Allow
47. Veiled hauntress of #56-Across: 2 wds.
49. Antiquity
50. Tony-winner Ms. Allen
51. Q. "__ '_' the Alphabet's second letter?" A. "Indeed."
53. Mideast fed.
56. Rockies retreat where #47-Across is said to roam, The Fairmont ___ ___ Hotel
59. Washstand container
62. "Buenos __!"
63. Whitney Houston's "__ __ Once"
64. Ms. Sorvino
65. "It just bothers me __ __ many levels."
66. "How Do _ __" by LeAnn Rimes
67. Impediment
68. Aquarium fish, __ Tetra
69. Dissuade

Down
1. Packs away
2. Imaging company
3. Tale's twist
4. Stretched tight
5. The Taming of the __
6. Autumn sights
7. 'Buck' add-on
8. Appetizing sampling of Chinese cuisine: 2 wds.
9. Cruise on the Caribbean: 2 wds.
10. "__ Weddings Canada"
11. Nylons problem
12. Perform
13. Even if, briefly
21. Ms. Mazar
22. Alberta village, 'The Friendly Community'
26. Grave snatcher
27. Fashion: __ couture
28. Lotto winner's musing, "__ __ for life!"
30. Flow-of-energy therapy
31. Miracle-__ (Gardening product)
32. Cartoon mommy
33. Foo Fighters singer Dave
34. Lay grassy rolls again
35. Iran-__ Affair (1980s political scandal)
38. '_' __ for Nanaimo
40. Hotel chain; or, French explorer to Canada, Pierre-Esprit __ (b.1636 - d.1710)
43. Desert
45. Aretha Franklin's signature song part: "_-_-_-_-E-C-T / Find out what it means to me."
48. Polish
52. Twisty-turned tress
53. Without illumination
54. Succulent plant
55. Compound in perfume
56. Boast
57. Burkina __ (Nation in West Africa)
58. Latin pronoun
59. 911-respondents, e.g.
60. Succeed
61. '72 feminist cause

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8		2		7		1	4	
	7	6						
			8					2
7		8	2					
4			1		3			7
					8	5		9
5					1			
						6	5	
	3	1		5		2		4

Friday's Sudoku

TODAY'S HOROSCOPE:

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